

Overcoming Gravity 2 Steven Low

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In this special video, I do a podcast style interview with Steven Low who is very well known in the bodyweight fitness world since he is the author of Overcoming Gravity which is like the bible ...

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[Interview with Steven Low, Author of Overcoming Gravity \(Bestseller!\)](#)

Steven Low, author of Overcoming Gravity: A Systematic Approach to Gymnastics and Bodyweight Strength (Second Edition), Overcoming Poor Posture, and Overcoming Tendonitis is a former gymnast who has performed with and coached the exhibitional gymnastics troupe, Gymkana. Steven has a Bachelor of Science in Biochemistry from the University of Maryland College Park, and his Doctorate of Physical Therapy from the University of Maryland Baltimore.

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At well over 500 pages, Steven Low's "Overcoming Gravity" is clearly of the latter variety. Simultaneously praised for its comprehensiveness, as well as derided for its high entry barriers (more on that later), there doesn't seem to be a consensus on whether or not this book is worth it.

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